

How to Prepare an Entire Week of School Lunches in 30 Minutes (or Less)!

	<i>Start With...</i>	<i>+ Fruits or Veggies</i>	<i>+ Side</i>
<i>Monday</i>	Cold Leftovers from the Weekend, such as: <ul style="list-style-type: none"> - pizza - spaghetti - pasta salad with pesto sauce - quesadillas 	grapes orange slices diced melon berries carrot sticks celery and ranch cucumber slices with hummus	pretzels crackers chips trail mix animal crackers cookies yogurt granola bar
<i>Tuesday</i>	Sandwich or Wrap <ul style="list-style-type: none"> - roast beef with cheddar - turkey with swiss - roasted chicken with mozzarella 	<i>see Monday options</i>	<i>see Monday options</i>
<i>Weds.</i>	Sandwich or Wrap <ul style="list-style-type: none"> - peanut butter/ almond butter/ sunflower seed butter with jam or honey works well mid-week because it doesn't get soggy	Choose a Stay-Fresh Option: <ul style="list-style-type: none"> - apple sauce/fruit puree pouches - packaged apple slices - raisins/dried fruit - diced fruit cups 	<i>see Monday options</i>
<i>Thursday</i>	Choose a Stay-Fresh Option: <ul style="list-style-type: none"> - cheese stick with whole grain crackers - peanut butter sandwich crackers - graham crackers with peanut butter for dipping - yogurt + granola for topping - deli meat roll-ups - cubed chicken 	<i>see Wednesday options</i>	<i>see Monday options</i>
<i>Friday</i>	<i>see Thursday options</i>	<i>see Wednesday options</i>	<i>see Monday options</i>